



Bite Size: Meeting the Child and Adult Care Food Program (CACFP) Meal Patterns for Children

Resources for Module 8: Menu Planning

This document contains the resources highlighted in the Connecticut State Department of Education's (CSDE) Bite Size Module 4.

Accepting Processed Product Documentation in the CACFP (CSDE):

<https://portal.ct.gov/-/media/SDE/Nutrition/CACFP/Crediting/AcceptDocumentationCACFP.pdf>

Bite Size: Meeting the CACFP Meal Patterns for Children (CSDE webpage):

<https://portal.ct.gov/SDE/Nutrition/Meal-Patterns-CACFP-Child-Care-Programs/Related-Resources#BiteSize>

CACFP Best Practices (USDA):

https://fns-prod.azureedge.net/sites/default/files/cacfp/CACFP_factBP.pdf

CARE Connection: Planning Cycle Menus in Child Care (Institute of Child Nutrition):

<https://theicn.docebosaa.com/learn/course/external/view/elearning/51/care-connection-planning-cycle-menus-in-child-care>

Child Nutrition Recipe Box (Institute of Child Nutrition):

<https://theicn.org/cnrb/>

Choking Prevention (CSDE's Food Safety for Child Nutrition Programs webpage):

<https://portal.ct.gov/SDE/Nutrition/Food-Safety-for-Child-Nutrition-Programs/Documents#ChokingPrevention>

Crediting Breakfast Cereals in the CACFP (CSDE):

<https://portal.ct.gov/-/media/SDE/Nutrition/CACFP/Crediting/CreditCerealsCACFP.pdf>

Crediting Commercial Meat/Meat Alternate Products in the CACFP (CSDE):

<https://portal.ct.gov/-/media/SDE/Nutrition/CACFP/Crediting/CreditMMACACFP.pdf>

Crediting Legumes in the CACFP (CSDE):

<https://portal.ct.gov/-/media/SDE/Nutrition/CACFP/Crediting/CreditDeliCACFP.pdf>

Crediting Nuts and Seeds in the CACFP (CSDE):

<https://portal.ct.gov/-/media/SDE/Nutrition/CACFP/Crediting/CreditNutsCACFP.pdf>

Crediting Yogurt in the CACFP (CSDE):

<https://portal.ct.gov/-/media/SDE/Nutrition/CACFP/Crediting/CreditYogurtCACFP.pdf>

Cycle Menus for Child Care: Preschoolers (Institute of Child Nutrition):

<https://theicn.org/resources/1575/cycle-menus-for-child-care-preschoolers/118740/cycle-menus-for-child-care-preschoolers.pdf>

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Farm to Preschool: Local Food and Learning in Early Child Care and Education Settings (USDA):
<https://fns-prod.azureedge.net/sites/default/files/resource-files/FarmtoPreschool.pdf>

Farm to School – Preschool and Child Care (CSDE’s Farm to School webpage):
<https://portal.ct.gov/SDE/Nutrition/Farm-to-School/Documents#Preschool>

Grain Ounce Equivalents for the CACFP (CSDE):
<https://portal.ct.gov/-/media/SDE/Nutrition/CACFP/Crediting/GrainOzEqCACFP.pdf>

Grain-based Desserts in the CACFP – Handouts and webinars in English and Spanish (USDA):
<https://www.fns.usda.gov/tn/grain-based-desserts-cacfp>

Mealtime Memo (Institute of Child Nutrition):
<https://theicn.org/icn-resources-a-z/mealtime-memo/>

Meeting the Whole Grain-rich Requirement for the CACFP (CSDE):
https://portal.ct.gov/-/media/SDE/Nutrition/CACFP/Crediting/WGR_Requirement_CACFP.pdf

Menu Planning (CSDE’s Meal Patterns for CACFP Child Care Programs webpage):
<https://portal.ct.gov/SDE/Nutrition/Meal-Patterns-CACFP-Child-Care-Programs/Related-Resources#MenuPlanning>

Menu Planning Basics: A Guide for CACFP Operators in Child Care (Institute of Child Nutrition):
<https://theicn.org/icn-resources-a-z/menu-planning-basics-cacfp/>

Menu Planning Forms (CSDE):
<https://portal.ct.gov/SDE/Nutrition/Meal-Patterns-CACFP-Child-Care-Programs/Documents#MenuForms>

Module 8 Knowledge Check: Meal or No Meal (CSDE):
https://portal.ct.gov/-/media/SDE/Nutrition/CACFP/BiteSize/Bite_Size_Module_8_Meal_or_No_Meal_Knowledge_Check.pdf

Multicultural Child Care Recipes (USDA):
<https://www.fns.usda.gov/tn/recipes-cacfp>

Recipes (CSDE’s Menu Planning for Child Nutrition Programs webpage):
<https://portal.ct.gov/SDE/Nutrition/Menu-Planning#Recipes>

Resource List for Menu Planning and Food Production in Child Nutrition Programs (CSDE):
<https://portal.ct.gov/-/media/SDE/Nutrition/Resources/ResourcesMenuPlanning.pdf>

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The CSDE's Bite Size is a series of recorded training modules that provide information on the meal pattern components and crediting requirements of the USDA's CACFP meal patterns for children. To access the Bite Size training modules and resources, visit the [Bite Size](#) section of the CSDE's Meal Patterns for CACFP Child Care Programs webpage.

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Office of the Assistant Secretary for Civil Rights
1400 Independence Avenue, SW
Washington, D.C. 20250-9410;
- (2) fax: (202) 690-7442; or
- (3) email: program.intake@usda.gov.

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